

**This Citizen Advisory is a publication of the
Nassau County Police Department.**

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Rebecca Toback, NCPD Summer Intern, Public Information Office, Summer 2007

Public Information Office:
Det. Lt. Kevin Smith, Commanding Officer
Ann Schockett, Civilian Supervisor IS3, Editor-in-Chief, Print Publications
Thomas Romeo, AVS3, Associate Editor, Print Publications

THOMAS R. SUOZZI
COUNTY EXECUTIVE



LAWRENCE W. MULVEY
POLICE COMMISSIONER

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**Have you
ever been
bullied?**

**Do you know
anyone who
has been
bullied?**

A Guide for High School
Students

Today, America is facing escalating school violence as a serious issue that needs to be dealt with and ended. Many young adults do not feel safe going to school, and there is no reason that this should be occurring. Your Nassau County Police Department wants you to be aware of the implications of bullying and help prevent it before it turns into a legally addressable act.



What is bullying?

Bullying is when a person or a group of persons takes advantage of people weaker and more vulnerable and harms/tries to harm them. Forms of bullying can include name calling, any physical means of harm, spreading bad rumors, ostracizing, teasing (in a mean way), ganging up on someone... These are not even all the forms of bullying!

Cyber bullying

As technology becomes a bigger part of our lives, cyber bullying creeps on as well. Cyber bullying is the sending of mean text, emails, and instant messages. It also includes the posting of cruel blogs on the internet and spreading rumors on the internet. Cyber bullying allows for harm to be done without a face being shown. It is an easy way for teenagers to bully others when they have low self-esteem. If you are harassed with cyber bullying, the Nassau County Police Department stresses that you save all the records. If it is an email or blog, print it out. If it is an online conversation, save it and print it out. The Nassau County Police can help you if they have records to prove what has happened.

Tips on bullying prevention

- Do not post or share personal information such as pin numbers or passwords on the Internet.
- Talk to your parents. Telling is NOT tattling.
- Don't be a bystander! SPEAK UP!
- Never bully back. Be mature about the situation.
- Bullies like to pick on kids who are by themselves so hang around your friends and do not stand alone.
- Do not bring expensive items to school.

Being bullied?

- Tell a parent or teacher! Do not keep the information all bottled up. Let an adult know what is going on.
- If your bully is persistent and does not stop after parents, teachers and/or counselors get involved, let the Nassau County Police Department know.
- Let your school help you out. Allow the bully to be punished for his/her actions.
- Do not retaliate or try to get even. If you attempt to get even, your actions will be just as criminal.
- Often, it is best to just walk away.
- Develop friendships and let your friends stick up for you.
- Always remain confident even if you are on the verge of feeling like you are "breaking down".

The aftermath

Almost one of every three teens in the United States is estimated to be involved in bullying as a bully, as a target or both. Those who start bullying at a young age are more likely to skip school and drop out of school than those who do not bully. Bullies are more likely to smoke, drink alcohol, and get into fights, according to group studies.

About 160,000 students stay home on a school day in fear of being bullied, according to studies.

Bullying affects both targets and bullies. Targets of bullying are more likely to grow up depressed and anxious. Bullies are much more likely than those who are not bullies to become adult criminals.

Acts done by bullies are often criminal in nature.

Bullying is a form of harassment, which is taken very seriously by the Nassau County Police Department.